

Inside out

Pages 2-5

Hamre says the millennium bug won't stop your military pay

Pages 10-12

Get the 'big picture' of jointness via the Internet

Pages 14-17

Prevention is the key when it comes to carpal tunnel syndrome

*See
pages
6-8*

J-SCOPE

Vol. 4 No. 3 ■ The Pentagon ■ Jan. 22, 1999



Discussing the 2000 budget

Hamre: Y2K won't stop your pay

By Jim Garamone

American Forces Press Service

WASHINGTON — The Year 2000 computer problem won't affect DoD's ability to pay service members, and troops don't need to do anything special to protect their personnel or medical records, Deputy Defense Secretary John J. Hamre said here Jan. 14.

The Year 2000 problem, nicknamed "Y2K" and "millennium bug," refers to the computer industry's past practice of using the last two digits of years rather



Deputy Secretary of Defense John J. Hamre says the Year 2000 computer problem won't affect DoD's ability to pay service members during a press briefing Jan. 14 at the Pentagon.

than all four — 1999 would be written "99." Old hardware and software are widely used and no one re-

ally knows what they'll do on Jan. 1, 2000 — they might treat "00" as "1900." Government and industry

are scrambling for "compliance" — assurance their systems will handle the year change correctly.

Hamre said all DoD pay systems are already Y2K-compliant, and DoD will continue to test the systems in March and April to ensure they will work.

"It's more complicated than just, 'Will our computers properly calculate pay?'," Hamre said. "We have to get electrons over to the Treasury Department. The Treasury Department has to pass on those electrons to the banks. The banks have to spread it out all over. We have something like 800 banks we do busi-

See **Y2K**

Page 3

Y2K

from Page 2

ness with on a day-to-day basis." He said DoD is working with all concerned to make sure pay will continue to flow.

He said personnel and medical computer systems are also Y2K-compliant.

Hamre said the Defense Department will be able to defend the United States and its vital interests in 2000 despite the millennium bug. He stood by his characterization from last October that DoD's Y2K problem will be



Deputy Secretary of Defense John J. Hamre (Left) and Arthur L. Money, senior civilian official for the Office of the Assistant Secretary of Defense, Command, Control, Communications and Intelligence, address how the United States is working with its allies to prevent Y2K from affecting critical computer systems, including early warning.

more a "nuisance" than a crisis.

"We will have about 94 percent of

done by the end of the year," he said. As of Jan. 1, he noted, 1,673 of DoD's 2,304 mission-critical systems had been been fixed.

Hamre said Defense Secretary William S. Cohen energized the unified commands by declaring Y2K a "warfighter problem" and directing them to fix their mission-critical systems.

Hamre said the North American Aerospace Defense Command in Colorado Springs, Colo., for instance, tested the aerospace-warning segment of its sys-

tems in December. The tests were robust and covered all the dates that system analysts believe might cause problems, he said.

"They found there was no degradation in any of the systems, whether they were in the virtual Year 2000 environment or in the 1998 environment," said Army Lt. Col. Warren Patterson, a Joint Staff Year 2000 official. "Systems operated as they should as far as the data going into one end and

See **Y2K**
Page 4



The Pentagon Press asks Deputy Secretary of Defense John J. Hamre questions about the Y2K computer problem during a briefing Jan. 14. Hamre is working with NATO allies on millennium bug problems. DoD has been in contact with 30 to 40 countries, including Russia.

Y2K

from Page 3

out the other, within the prescribed timeframe. [It was] accurate, unambiguous, clean data. We are highly confident at this point that NORAD can do its early-warning mission."

The Atlantic, Southern, Strategic, Transportation and Space commands will run Y2K tests in February. Pacific Command will begin tests in March. Central and European commands and U.S. Forces, Korea, will

begin testing in April. Commands will test both primary and backup computer systems, Hamre said.

He said DoD is working with NATO allies on millennium bug problems. DoD has been in contact with 30 to 40 countries, including Russia. He said Y2K doesn't seem so urgent to the Russians — "They have other problems." Still, the United States and Russia will cooperate on building a shared early warning center. Hamre said a DoD

*See Y2K
Page 5*

Y2K*from Page 4*

delegation will go to Russia to finalize plans for the center.

He said he's "comfortable" that Russia has positive control over its nuclear weapons. "The [computer] default for failure is not to launch," he said. "The default freezes things up. So we're not anxious that there are going to be accidental occurrences as a result of Y2K for nuclear command and control systems."

DoD also will participate in U.S. consequence support planning. The Federal Emergency Management Agency will probably be the lead element, Hamre

"We will have about 94 percent of our systems fixed as of the end of March, and we absolutely will have 100 percent done by the end of the year."

Dr. John J. Hamre
Deputy Secretary of Defense

said. DoD will set up its own Y2K command center and participate in Y2K op-

erations in December; there is no plan now, however, to mobilize the Guard or ac-

tive duty service members for Y2K operations.

"We're not going to know the extent to which and how we should best support the civil sector until we go through some planning," Hamre said. "People shouldn't be anxious about that. We will be ready to support whatever has to happen, but we're not going to know the dimension of that yet for another couple of weeks. Nobody's going to lose their Christmas, I don't believe, worrying about that problem."

Hamre said the U.S. telecommunications system is in good shape, as is the power grid. "Will we have spot outages? Probably," he said. "But we'll be able to handle them."

New budget boosts pay, readiness, modernization

By Jim Garamone

American Forces Press Service

WASHINGTON — The fiscal 2000 DoD budget “reflects the effort [the defense leadership] have made to listen to the men and women who are serving us,” said Defense Secretary William S. Cohen. “We hear them, we understand what’s on their minds and we want to help.”

During an interview with the American Forces Information Service, Cohen and Chairman of the



Photo by Air Force Tech. Sgt. Lee Roberts

Reporter Warren Lee of the American Forces Information Service interviews Army Gen. Henry Shelton, chairman of the Joint Chiefs of Staff, and Defense Secretary William S. Cohen about the fiscal 2000 Defense Budget request.

Joint Chiefs of Staff have received from service members on the proposed budget package has been positive and they expect the package will

receive strong support in Congress.

The proposed budget is the first increase in defense spending since fiscal 1985. It calls for an additional \$12 billion in fiscal 2000.

Budget highlights include a compensation package consisting of a 4.4 percent pay hike effective Jan. 1, 2000, a targeted pay raise to mid-level NCOs and officers effective July 1, 2000, and changing the 1986 Redux re-

See Budget
Page 7

Budget

from Page 6

retirement system so service members retiring after 20 years of service will receive 50 percent of base pay rather than the current 40 percent.

Cohen said the across-the-board pay raise will start to close the pay gap between the private sector and the military. The targeted pay raise, aimed at those making a career decision, runs from .5 percent to 5.5 percent and is designed to encourage service members with the leadership skills the military needs to stay in. The raises are aimed at rewarding performance and promotion,

Budget highlights include a compensation package consisting of a 4.4 percent pay hike effective Jan. 1, 2000, a targeted pay raise to mid-level NCOs and officers effective July 1, 2000, and changing the 1986 Redux retirement system so service members retiring after 20 years of service will receive 50 percent of base pay rather than the current 40 percent.

not simply longevity, he said.

Shelton said a change in the retirement system is necessary because Redux is a "disincentive" to service members making career decisions. About two-thirds of the today's force came into the military after

Redux took effect in August 1986. Members who entered the military before then are covered by a system that provides retired pay of 50 percent of base pay after 20 years of service.

"Retirement no longer serves as the incentive it

once did," Shelton said. "We want a retirement system that serves as an incentive for service not as a disincentive."

Cohen and Shelton said the budget does more than address compensation. "Soldier, sailors, airmen and Marines ... have told us pay and retirement is a concern, but [they are also concerned about] the operational side," Shelton said.

The fiscal 2000 budget proposal covers a "triad" of concerns, Shelton said. The triad is increasing pay and retirement, increasing the operations and maintenance accounts and modernization. "We want to

See **Budget**
Page 8

Budget

from Page 7

take care of the core quality of life issues ... but [we need to] also increase the readiness accounts and this budget is designed to do exactly that," he said.

He said increasing operations and maintenance accounts would enable the services to buy more spare parts. Increases will also fund more flying hours, ship steaming days and tank driving miles.

Shelton said the

fiscal 2000 budget request also puts DoD on the path to funding future readiness and is line with the \$60 billion goal of the Quadrennial Defense Review. He pointed out that not only will modernization provide the latest in technology, but it will allow service members to get back to training instead of spending their time repairing old equipment.

Cohen said the budget also funds two other quality of life factors that concern service members and their families: medi-

cal care and housing. While acknowledging that TRICARE, DoD's health care program, has had some problems due to its newness, he said, "funding will be increased, and we are going to cut down the waiting lines, and cut down the time for reimbursements for doctors who are serving our families."

The budget will also encourage public sector-private sector partnerships to solve DoD's housing problems. For every dollar DoD invests in housing, Cohen said, he expects private in-

dustry to invest four or five dollars. He said the department needs to involve private industry "because we have quite a backlog of building new housing and renovating old housing."

Shelton acknowledged that while this budget will fix the most critical needs of the department, it does not cover everything. He said the need that is not being completely met is funding for real property maintenance accounts — such as fixing buildings and repairing utilities.

Shelton said pay and other quality of life initiatives are important but not the only reasons people join and stay in the services. "I think each of us in uniform today understands that we did not come into the service to get rich," he said. "Ours is a calling of service to the nation. We are in the most respected institution in America. I think we have a warrior ethic we need to keep and a calling for greater good."

(AFPS)

News briefs

Check fee begins

Special to the American Forces Press Service

FORT LEE, Va. — Commissary shoppers starting Feb. 1 face a new \$25 administrative fee if their checks bounce on the Defense Commissary Agency.

Agency officials estimated shoppers wrote 43 million checks to commissaries worldwide in fiscal 1998 — about 71,000 bounced and 22,000 eventually went to debt collection. The new fee is a business requirement recently passed into federal law, and it is similar to those



charged by retailers and installation morale and welfare activities, they said. Stores previously levied no fee if a customer made good on a dishonored check within 30 days.

The commissary — or the Subsistence Finance

and Accounting Office, Europe, in the case of that theater — will collect the \$25 fee when the patron redeems the dishonored check. The fee is waived if a check bounces because of a bank error.

An additional \$15 charge can be slapped on a dishonored check not redeemed within 30 days. Customers who don't make good on their own may find the debt deducted from the pay of the military member or sponsor. Military members are liable for family members' bad checks.

Informational signs about the new procedures are being posted in commis-

saries this month.

(From a Defense Commissary Agency news release.)

Building passes

Until further notice, when a new building pass is issued, it takes 24 hours for activation. If anyone with a new badge has a problem with the card readers while entering the building, inform the guards and they will arrange for entry.

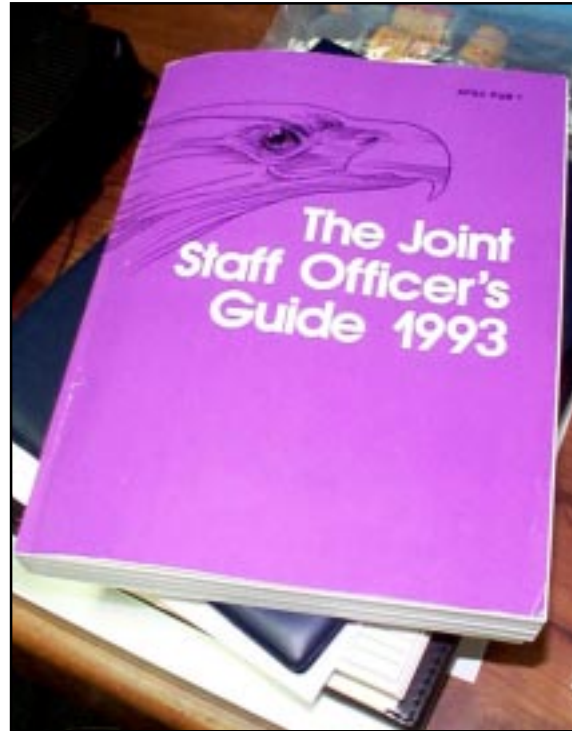
If anyone has a building pass replaced, do not use the old badge. The card readers won't acknowledge it and the badge will be confiscated.

Online publication gives 'big picture' of jointness

By Tech. Sgt. Lee Roberts,
USAF
J-Scope Editor

WASHINGTON - People who are searching for the "big picture" of jointness should look no further than an informative online reference titled "The Joint Staff Officers Guide 1997."

Located on the Internet at <http://www.afsc.edu/pub1/afsc0000.htm>, this informative guide encompasses the Joint Staff officer, joint organization and staff functions, staff work: methods and applications, joint publications, Defense



Department systems and process, deliberate planning, and crisis action planning.

Previous versions of "The Joint Staff Officer's Guide" were distributed in hard-copy books. The newest guide is available on the Internet at <http://www.afsc.edu/pub1/afsc0000.htm>. (Photo by Air Force Tech. Sgt. Lee Roberts)

The Armed Forces Staff College in Norfolk, Va., publishes the online guide, also known as

"AFSC Pub 1" and "The Purple Book," and utilizes the publication as its basic textbook to prepare mid-career and senior officers for joint and combined duty. It is a very popular and important reference for military members throughout the joint community.

The school's commandant, Air Force Brig. Gen. William R. Looney III, wrote in the publication's introduction that this edition "offers a perspective on joint planning and execution that is not found elsewhere."

See Publication
Page 11

Publication

from Page 10

The general also noted that the book “presents the ‘big picture’ of the players, the process, and the procedures, synthesizing elements from a wide range of sources, presenting them in a systematic manner. No other single publication so completely treats the subject of ‘jointness,” he stressed.

Previous versions of “The Joint Staff Officer’s

Guide” were distributed in hard-copy format to various joint schools, the Joint Staff, the unified commands and their service component commands, the specified commands, and National Defense University. By making the newest edition of the publication available on the Internet the Armed Forces Staff College simultaneously made this informative reference readily available to every military ser-

See **Publication**
Page 12

The Joint Staff Officer's Guide 1997

[Introduction](#)

- [1. The Joint Staff Officer](#)
- [2. Joint Organization and Staff Functions](#)
- [3. Staff Work: Methods and Applications](#)
- [4. Joint Publications](#)
- [5. Defense Department Systems and Process](#)
- [6. Deliberate Planning](#)
- [7. Crisis Action Planning](#)

[Appendices](#)

[Index of Figures](#)

[Download the complete Word version of AFSC Pub 1](#)

Special thanks to the [HQ US European Command](#) (Modern Aids to Planning Program and Computer Sciences Corporation) for formatting this document for use on the Internet.

The Joint Staff Officer’s Guide 1997 is available on the Internet at <http://www.afsc.edu/pub1/afsc0000.htm>. The guide encompasses the Joint Staff officer, joint organization and staff functions, staff work: methods and applications, joint publications, Defense Department systems and process, deliberate planning, and crisis action planning.

Publication

from Page 11

vice, unit, and member.

I personally depend on this important website, have it bookmarked on my Internet browser, and often reference it when doing research on joint-related subjects. It's helped me especially when preparing questions for interviews and when clarifying joint processes and procedures while writing stories.

I encourage anyone with an

interest in joint and combined organizations to take a few minutes and try browsing through the site - it will help promote a better

understanding of the joint mission.

(Editor's note: According to "The Joint Staff Officer's Guide

More information

The Joint Staff Officer's Guide 1997 includes the following appendices:

- A** -- Planning Directive
- B** -- Personnel Estimate
- C** -- Intelligence Estimate
- D** -- Logistic Estimate
- E** -- Command, Control, Communications and Computer Systems Estimate
- F** -- Commander's Estimate of the Situation
- G** -- CINC's Strategic Concept

H -- Operation Order (OPORD)

I -- Sample OPREP-3 Pinnacle Command Assessment/CINC Assessment

J -- CJCS Warning Order

K -- CJCS Planning Order

L -- CJCS Alert Order

M -- CJCS Deployment Preparation Orders, Deployment Orders, and Redeployment Orders

N -- CJCS Executive Order

O -- Definitions

P -- Acronyms & Abbreviations

1997," Chapter 1, the guide may not be the most current and accurate reference for procedures and policies, and is not an

official doctrine for operations. Joint and service doctrine should be referred to for official guidance.)

J-Scope feedback

The following comments have recently been E-mailed to the J-Scope by our readers.

“Thanks for the outstanding article and photos of the Deliberate Planning Conference (Jan. 15 issue). The coverage was superb and captured the essence of this important event. I believe you have performed a great service to your readers while explaining the role of the J-7 Conventional War Plans Division.”

Comment here
Comment here
Comment here
Comment here

Comment here
Comment here
Comment here
Comment here
Comment here
Comment here
Comment here
Comment here
Comment here
Comment here



Letters to the editor
Comments about the
J-Scope can be E-mailed to
the "J-Scope" address.

Carpal tunnel syndrome: prevention is key

CTS

By Lisa E. Stafford
American Forces Press Service

WASHINGTON -- More than 28 million Americans use computers each day and, according to officials at the Occupational Safety and Health Administration, may risk coming down with a painful, debilitating condition, carpal tunnel syndrome.

"Carpal tunnel syndrome, or CTS, involves the median nerve and the flexor tendons, which extend from the forearm into the hand through a 'tunnel' made up of wrist bones (carpals) and the

transverse carpal ligament," said Army Dr. (Capt.) Matthew Hengy, a family practice physician at the Pentagon. CTS can develop when repetitive wrist motion, fluid retention or acute trauma creates pressure on the median nerve at the wrist.

"Arthritis-related diseases such as rheumatoid arthritis can also cause CTS. These diseases cause pain and swelling of tissues in the carpal tunnel, resulting in pressure on the median nerve," he said.

Hengy said the source of trouble is unknown

with many patients because virtually anything that swells the tendons or pinches the median nerve can lead to CTS or make it worse. Injuries such as a blow to the wrist could cause CTS, for instance, because a carpal bone might fracture, break or otherwise pinch and damage the median nerve.

"The results can be tingling, numbness and, eventually, disabling pain. CTS can

See **CTS**

Page 15

CTS

from Page 14

strike anyone, and its consequences are serious," he said. Work-related cases are highest among those ages 20 to 40. Nonwork-related cases are highest among persons in their 50s.

"The condition is treated with steroids, anti-inflammatory drugs, physical therapy, and, in severe cases, with surgery," Hengy said. The return of hand and wrist functions is often complete, but not always, he added.

Awareness of the problem and its causes are crucial to prevention, as are the proper use of ergonomic aids and attention to your work routine, Hengy said. CTS isn't limited to computer operators.

See **CTS**

Page 16

CTS exercises



Step 1: Starting in a typing position, slowly bend your hands back at the wrists with fingers fully extended and hold for 10 seconds. Return to the typing position.

Step 2: Straighten your wrists, stretch your arms and hands forward with fingers fully extended and hold for 10 seconds. Do not cause pain by overstraining your hands and wrists. Return to typing position.



Step 3: Make a tight fist and hold for 10 seconds. Return to the typing position.

Step 4: For the second time, straighten your wrists, stretch your arms and hands forward with fingers fully extended and hold for 10 seconds. Return to the typing position; do four or five repetitions.



CTS*from Page 15*

Other prime candidates include draftsmen, meat cutters, secretaries, musicians, assembly line workers and automotive repair workers, but anyone whose work involves repetitive movement of the hands can be at risk, he said.

"There were 2 million workers' compensation cases reported in 1995. CTS was the most common and costly cumulative-trauma disorder and accounted for one-third of the cases. Back injuries were second," said Linda Garrison, a Bureau of Labor Statistics economist

in the Labor Department. "Half of all the workers afflicted by CTS lost 30 days or more from the workplace." Statistics also showed women accounted for 72 percent of the cases.

The exact numbers of CTS cases over the years would be hard to pin down, if not impossible, but they're clearly on the rise. Garrison said reported computer-related injuries of all types have soared more than 8,000 percent from 23,800 cases in 1972 to 2 million in 1995 -- and the 1995 caseload was six times higher than the 332,000 reported in 1994.

CTS workers compensation cases cost up to

\$65,410 each in lost wages and medical benefits, according to July 1996 statistics published by the National Council of Compensation Insurance. The council's average 1993 dollar-loss figure was \$21,453. The actual cost to the national economy becomes much greater when the costs of lost production, employee rehabilitation, and hiring and training replacements are added in.

Hengy said common CTS symptoms include:

- Pain, tingling and numbness in the thumb, index, middle or ring fingers, or tingling in the entire hand.

- Pain that shoots from the hand up the arm

as far as the shoulder.

- A swollen sensation in your fingertips, although they may not be visibly swollen.

- You may notice that your symptoms are worse at night.

- Your hands feel weak in the morning.

- You drop objects more than usual.

- You have trouble grasping or pinching objects.

- You have trouble using your hands for certain tasks, such as buttoning a shirt, handwriting or opening a jar lid.

- The muscles at the base of your thumb are

See **CTS**
Page 17

CTS

from Page 16

smaller and weaker than they used to be.

"At first the symptoms come and go and usually are affected by excessive use of the hand, although there may be no symptoms when the hand is at rest," Hengy said. "As the condition worsens and pressure on the nerve becomes greater, the person may experience constant numbness."

If you think you may have CTS, ask your primary care

physician to review your medical history and examine your hands and wrists.

One or all of the following tests can help confirm a diagnosis of CTS, he said:

■ **Tinel's Sign Test.** The doctor will gently tap the front of your wrist to see if you feel tingling or pain in your hand or forearm.

■ **Phalen's Sign Test.** The doctor will ask you to bend your wrist down as far as it will go and to hold this position up to three minutes to see if you feel tingling or pain.

■ **Nerve Conduction Velocity Study.** This test measures the nerve's ability to send electrical impulses to the hand muscles, to see if the electrical impulses slow down in the carpal tunnel.

■ **Blood tests and X-rays** of the hands may reveal whether CTS stems from a medical problem.

"For some patients exercising can temporarily relieve the pain," Hengy said. He recommends performing the following four-step exercise 10 times a day, especially before starting

an activity. Start with your arms outstretched in front of you as if typing:

Step 1: Slowly bend your hands back at the wrists with fingers fully extended. Hold for 10 seconds, then straighten your wrists.

Step 2: Stretch your arms and hands forward with fingers fully extended and hold for 10 seconds. Be careful not to push too hard and cause pain. Return to the starting position.

Step 3: Make a tight fist and hold for 10 seconds. Release.

Step 4: Straighten your wrist and extend the fingers fully for 10 seconds. Return to Step 1; do four or five repetitions.

Researchers in a 1996 study at the Orthopedic and Research Center in Oklahoma City taught these pain-relieving hand and wrist exercises to 81 carpal tunnel syndrome sufferers. They found that just one minute of exercise reduced pressure on the victim's median nerve -- and the pain. In some cases, relief lasted several hours.



Photo by Air Force Tech. Sgt. Lee Roberts

Award ceremony

Army Maj. Gen. Stephen T. Rippe, Joint Staff vice director, presents the Joint Service Commendation Medal Jan. 14 to Army Staff Sgt. Taras N. K. Dorsey, Chairman's Legislative Affairs Office, during an impact award ceremony at the legislative affairs office. She was the project manager for an extensive renovation project in the office.



Photo by Air Force Tech. Sgt. Lee Roberts

Award ceremony

Army Maj. Gen. Stephen T. Rippe (Left), Joint Staff vice director, presents the Joint Service Commendation Medal Jan. 14 to Army Sgt. 1st Class George S. Vasquez, Directorate of Management Facilities Section, during an award ceremony at the Chairman's Legislative Affairs Office. Vasquez was the primary action officer for the redesign and renovation projects in legislative affairs and Chairman's Protocol Office.



Courtesy photo

Promotion ceremony

Navy Rear Adm. Michael L. Cowan (Left), J-4 Logistics Directorate, deputy director for Medical Readiness, promotes Navy Seaman Gregory R. Hahn, J-4, to the rank of petty officer third class during a ceremony Jan. 13 at the J-4 Conference Room. Hahn's wife Jodie and son Tyler, 8 months, attended the promotion.



Photo by Air Force Tech. Sgt. Lee Roberts

Award ceremony

Army Maj. Gen. Stephen T. Rippe (Left), Joint Staff vice director, presents a letter of appreciation from the chairman Jan. 14 to Army Master Sgt. Thomas W. Chambers, Directorate of Management Facilities Section, during an award ceremony at the Chairman's Legislative Affairs Office. Chambers helped with the redesign and renovation projects in legislative affairs and Chairman's Protocol Office.



Photo by Air Force Tech. Sgt. Lee Roberts

Award ceremony

Army Maj. Gen. Stephen T. Rippe, Joint Staff vice director, presents a letter of appreciation Jan. 14 to Air Force Master Sgt. Altonio Downing, Joint Staff Supply, during an impact award ceremony at the legislative affairs office. Downing's expertise and assistance with supply issues helped ensure several Joint Staff renovation projects were completed successfully.



Photo by Derk J. Wybenga

Award ceremony

Air Force Maj. Gen. John W. Brooks, J-4 Logistics Directorate vice director, presents the Defense Meritorious Service Medal Wednesday to Air Force Lt. Col. Joy S. Shasteen, J-4, during an end-of-tour award ceremony at the J-4 Conference Room. Shasteen's husband Karlynn, mother Marion Scott, and son K.C., attended the event.

.....J-Spotlight.....



Name: Navy Petty Officer 2nd Class Joyce B. Gladden

Organization: Directorate of Management, Joint Staff
Printing Office

Duty title: Navy lithographer

Time in service: 12 years

Hometown: New York, N.Y.

Family: Single

Hobbies: Egyptology and Antiques

Most embarrassing moment: When I first arrived in the Washington area, I took a wrong turn off of Interstate 395. I stopped to ask a police officer where the Pentagon was, and I was in Baltimore, Md.

Favorite duty station: Bermuda

Career Highlight: Receiving the Surface Warfare Pin while onboard the USS Blue Ridge (LCC-19)

Each directorate of the Joint Staff has one or more individuals assigned the additional duty of Unit Public Affairs Representative or UPAR. The UPAR's job is to help tell the story for that organization by reporting news about unit and individual activities and achievements to the J-Scope. UPARs also process Hometown News Release forms, assist with publicity for special events, and identify story ideas for future publication. Contact your assigned UPAR if you have a story to tell, have won an award, been promoted, or need to publicize a special event.

UPAR quick reference list

<u>Unit</u>	<u>Name</u>	<u>Phone</u>
DOM	Air Force Master Sgt. Eric M. Harrell	695-2000
J-1	Army Lt. Col. Kerry C. Allen	697-9644
J-2	Air Force Staff Sgt. Diana Trevino	697-9773
J-3	Army Sgt. 1st Class Paula E. Davis	695-8116
J-4	Navy Petty Officer 3rd Class Greg Hahn	697-1018
J-5	Army Lt. Col. Kevin Badger	695-4240
J-6	Air Force Master Sgt. Vincent R. Johnson	695-7879
J-7	Air Force Senior Master Sgt. Rick Haney	695-7920
J-8	Air Force Master Sgt. Kerry G. Dugue	697-1227

The J-Scope is an authorized publication for members of the Department of Defense. Contents of the J-Scope are not necessarily the official views of, or endorsed by, the U.S. Government or DoD. The editorial content is edited, prepared and provided by the Joint Chiefs of Staff Public Affairs Office. Deadline for submissions is 5 p.m. Fridays, a week before publication. The public affairs staff reserves the right to edit all submissions to journalistic standards. All photos are official photos unless otherwise noted. Acceptance of inputs by the public affairs staff does not guarantee publication.

Editorial Staff

Lt. Col. Dave Thurston

Managing Editor

Tech. Sgt. Lee Roberts

Editor

Senior Master Sgt. Mamie M. Burke

Chairman's Photographer

Army Visual Information Center

Joint Visual Information Services

Parting Shot

Vertical delivery

Helicopters from the supply ship USS Detroit (AOE 4) replenish the aircraft carrier USS Eisenhower (CVN 65) during operations in the Mediterranean Sea Jan. 12.



Photo by U.S. Navy Petty Officer 3rd Class T. S. Smith